

**WHAT IS CLAIMED IS:**

Claim 1. A hollow surfboard comprising:

an outer shell having at least one inner cavity, a support zone for a front foot of a surfer and a support zone for a rear foot of a surfer, both of said support zones comprising upwardly facing surfaces of the surfboard adapted to be directly beneath the front foot and the rear foot of the surfer;

at least one inertial mass;

the inner cavity having a height;

the mass extending vertically over the height of the inner cavity of the surfboard.

Claim 2. A hollow surfboard comprising:

an outer shell having at least one inner cavity, a support zone for a front foot of a surfer and a support zone for a rear foot of a surfer;

at least two inertial masses symmetrically arranged on opposite sides of a longitudinal median plane of the surfboard;

the inner cavity having a height;

each of the two masses extending vertically over the height of the inner cavity of the surfboard.